



# OCEAN BREATHING

This breathing activity is called “ocean breathing” because the sounds you make while doing it are like peaceful ocean waves. When you combine this type of breathing with thinking about a peaceful scene, it is a very soothing way to calm and focus yourself.

Children three years and older can be taught "ocean breathing" to calm themselves down. And it's great to use with younger children at bedtime. The rhythmic in and out of the "ocean waves" helps them go to sleep.

Just follow these steps:

1. Use deep breaths, right from your belly.
2. Breathe in slowly through an open mouth (to the count of three).
3. Now slowly exhale through an open mouth to the count of four, as if you were fogging up a mirror with your breath.
4. While exhaling, put your hand up to your mouth and feel the warm breath on your palm.
5. As you continue your slow, deep breaths, close your eyes and imagine it is a bright sunny day, with not a cloud in the sky. See yourself sitting on a large flat rock right in front of the ocean ...listen to the sound of the waves as you do a long, slow, loud exhale with your mouth open.
6. Repeat slow, deep breaths, in and out, 3 to 4 times.